

ADHD Minds Are Trapped in Now (& Other Time Management Truths)



The unofficial adage of ADHD time management is, "By the time you feel it, it's too late." ADHD expert Russell Barkley, Ph.D., has famously said that ADHD is not a disorder of knowing what to do, it's a disorder of doing what you know — at the right times and places.

[Read More](#)

Additional Resources on Time Blindness

[Why is Time So Slippery? Understanding Time Blindness in People with ADHD](#)

[Time Management 101](#)

[Are You Time Blind? 12 Ways to Use Every Hour Effectively](#)

[What is Time Blindness? \(and how to manage it!\)](#)



Dates & Reminders

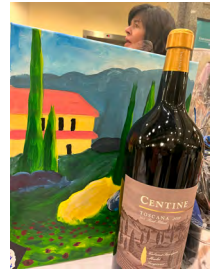
May 26 - Last day of school

June 19 - First day Summer session

August 17 - First day 2023-24 school year

The 2023-24 Academic Year Calendar can be found [HERE](#).

The Hill School of Wilmington Oyster Roast & Toast



See more photos from our event!! Visit our [WEBSITE](#).



The Hill School
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Resources & Links*

[International Dyslexia Association](#)
[International Dyslexia Association of NC](#)
[Learning Disabilities Association of America](#)
[Learning Disabilities Association of NC](#)
[National Center for Learning Disabilities](#)
[Learning Disabilities Online](#)
[Understood.org](#)

For more resources visit our website at www.hillschoolofwilmington.org/resources

*The above resources do not represent an endorsement by The Hill School of Wilmington.

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